

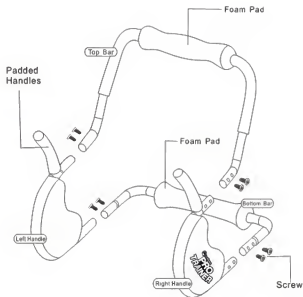
Kayak Fitness
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Instruction Manual

Parts list

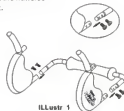


Assembly Introductions

Refer to page 2 for names of parts.

Step 1

Locate the bottom bar. Place the bottom bar on a flat, stable surface. Locate both handles. When assembling the handles to the bottom bar, the logos should be facing out. Insert the bottom bar into the lowest tube on the handles as shown in Illustration 1. Listen for bottom bar to lock into place. Use four included screws, two per side, to permanently attach bottom bar to handles. Make sure to line up screw holes properly before inserting screws.



Step 2

Once you have assembled the bottom portion of the unit, insert the top bar into the top tube on the handles. The top bar should fit into the handles as shown in Illustration 2. Listen for top bar to lock into place. Use four included screws, two per side, to permanently attach top bar to handles. Make sure to line up screw holes properly before inserting screws.

